

Erasmus+ KA2 Strategic Partnership 2017-2019

## Connecting Memories. The Power of the Past and the Future of Europe

Project number: 2017-1-DE02-KA204-004260

*Exercise Title:* **Sociometry on Europe**

*Recommended group size/type:* 4-15

*Recommended time:* 1 hour depending on the group size

*Preparation time* 10 min.

*AIMS and objectives (general, concrete)*

- Playful mind-opening towards a topic; participants bring their own ideas and considerations in.
- Stimulating a deeper understanding of community's and society's issues,
- Discovering and experiencing one's own creativity.

*Resources required:* Space for group work

### *Introduction:*

Sociometry was established by Jacob Levy Moreno, 1889 – 1974. He was a doctor, psychiatrist, sociologist and the founder of psychodrama, sociodrama, sociometry and group psychotherapy. Sociometry allows to make relationships between members of a group visible. This provides insights on group structures and thus to identify 'starting points' for change. Find [more information](#) on the various fields of sociometry in an online dictionary. In our educational context, the method was applied as a 'setting-up' of the participants bodies in the room showing proximity and distance to each other.

*Trainer activity:*

*Participants activity:*

1. Invite participants to play a coun-

1. Chose a country of Europe you want to re-

try of Europe (taking over a role).

2. Ask them to stand at a place in the room.

3. Invite participants to balance proximity and distance to the other 'countries'.

4. When the picture is visible, go to some 'countries' and ask them why they have chosen this position. What does it reflect? Ask several 'countries'.

5. After finishing the interviews invite participants to pass away their role.

6. Stimulate reflection on what has been seen and how it touches own perceptions and considerations.

present. It could be yours of origin, it can be another one.

2. Chose a position in the room. Focus on your perceptions: What do you see? What do you feel?

3. Pay attention to the other 'countries': Who shall be your neighbor? To which 'countries' you wish to keep a distance. Find your appropriate position in the room. Ask you why you have made this decision.

4. At the end of the group picture, pass your role away and 'get back' to you.

5. Ask questions, provide comments, share opinions and feelings, discuss.

### Preconditions:

Important:

1. All people can be actors. One idea of the Theatre of the Oppressed is to overcome the distinction between actors and the (passive, consuming) audience.

2. What participants do is based on their free decision. If anyone avoids taking part in an exercise, it is o.k. All is voluntarily.

3. Making mistakes is o.k.! :-)

Challenges that may occur: .

-